

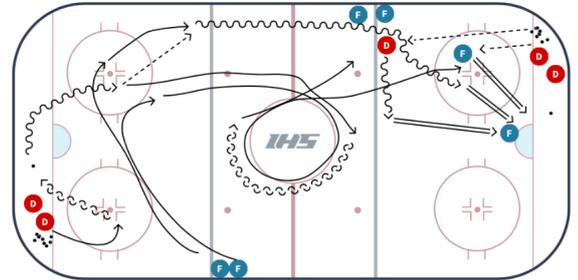
DURHAM NOV 4

Tuesday, November 4th, 2025

Niagara Warm Up

Details:

Defence pivots and retrieves loose puck while two forwards swing low. Defence makes a middle pass with the middle forward passing to the wall forward. This player will continue to shoot and stop in front of the net. The middle forward will skate a full circle around the middle while the defence will follow up the play and do the same thing skating backwards. They will now enter the zone and take a shot each.



4 on 3 D activate

Details:

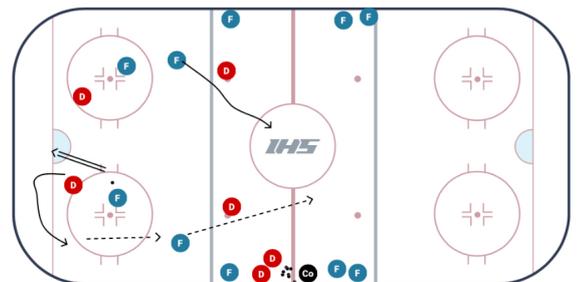
- Drill starts with a 3 on 3, team that wins the puck must pass to their D to activate their D to make a 4 on 3
- Defensive team must battle to win the puck back and pass to their D, in order to start their break out and get up the ice
- Goals will result in a new puck to the winning team



2 v 2 Transition

Details:

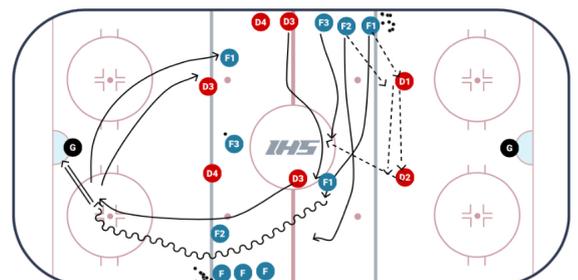
- Forwards start the 2 on 2 against two defenders while a new set of forwards and defence join into the drill waiting for a transition.
- Defenders must take the puck and move pucks up to the waiting forwards who will try to quick attack the two D jumping into the drill
- This continues on the other side until there is a goal or whistle from the coach to stop the drill



Toronto 1 on 1 / 3 on 2

Details:

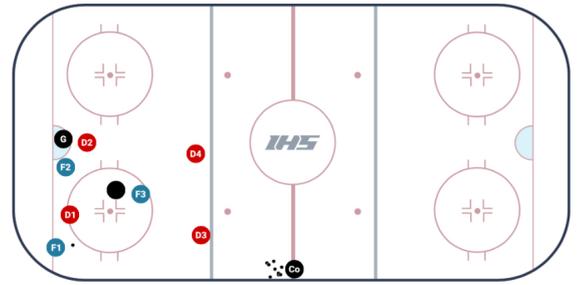
F1 starts by passing to D1 and getting open for a puck while D3 gaps up and tries to surf on the player. These two players continue to play a quick 1 on 1. On the whistle F2 and F3 make a pass to D1 and D3 will gap up and play a 2 on 1. F1 has to open up for a stretch option while D3 maintains tight gap. F2 and F3 will enter into the zone trying to obtain a middle entry 3 on 2.



3 on 3 Regroup - Strong Hold

Details:

Two defence and one forward will play defence vs three forwards. The drill will start with a pass coming from the coach where the D has to close space quick. On the whistle, a second puck will be placed in the neutral zone where the three forwards will try to execute a fast transition and the defensive group has to gap up quickly denying entry at the blue line.



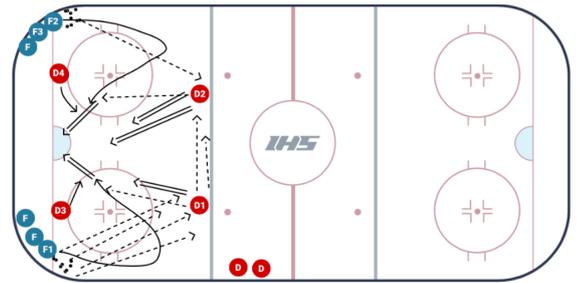
Box Out Battles to 3 on 2

Details:

- F1 chips puck up to D1 for a shot. D1 must time their shot so F1 can get to the net for a screen. D3 will try to box out F1

- On the whistle, F2 will chip a puck to D2 who must time their shot for F2 to get to the net while D4 boxes them out.

- On the next whistle, F3 will place a puck behind the net for D4 and they will break out and attack D1 and D2 for a 3 on 2.



1-1-2 PK vs 2-3 PP

Details:

- Drill starts with the PP passing the puck to either half wall. The PK will attack the puck while maintaining a triangle in the middle of the ice.

- PP will now set up their PP break out and the PK will set up PK NZ forecheck

- PP has one minute to score from the time they touch the puck for their break out

